

HEALTH

Your Weight Management Questions Answered

1. Can I eat five or more servings of vegetables and fruits a day without gaining weight?

Absolutely! It is recommended that you eat at least five servings of vegetables and fruits every day for optimal cancer protection and overall good health. By eating five or more servings you can cut back on higher-calorie, high-fat foods and still feel full. Fruits and vegetables provide many of the vitamins and minerals your body needs. Along with regular physical activity, appropriate portion sizes and a mainly plant based diet, eating five or more servings of vegetables and fruits is a sound health strategy.

2. How long do I have to walk to burn off the calories in treats?

The answer depends on how much you weigh, how fast you walk and what sort of treats you choose. For example, cookies often contain from 60 to 120 calories each, while sweet desserts may contain from 200 to 300 calories. At a moderate 3 mile per hour pace, someone weighing 180 pounds might walk about 15 minutes to burn the calories in each cookie, or at least 40 to 60 minutes for other sweet desserts. Since a heavier body requires more energy to move than a lighter one, someone who weighs 150 pounds would need to walk about 20 minutes per cookie, or 45 to 75 minutes for a typical dessert.

3. Is it easier to lose weight with five or six “mini-meals” spread throughout the day?

Some diet books and magazine articles claim that a “mini-meal” style of eating speeds up metabolism and makes weight loss easier. No clear evidence supports this idea. For some people, eating more often may help control hunger that can lead to overeating. For others, mini-meals turn into occasions to grab food quickly, like high-fat snack foods and cheese. Experiment until you find an eating pattern that gives you energy throughout the day, helps you avoid overeating and makes healthy food choices easy.

It is important to find what works for you! Everyone is different so there is not a one-fits-all eating plan that will work. However, whatever you decide, remember to include many fruits and vegetables into meals on a daily basis.



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